

"CASCARETS" FOR LIVER, BOWELS

For sick headache, bad breath, Sour Stomach and constipation.

Get a 10-cent box now.

No odds how bad your liver, stomach or bowels; how much your head aches, how miserable and uncomfortable you are from constipation, indigestion, biliousness and sluggish bowels—you always get the desired results with Cascarets.

Don't let your stomach, liver and bowels make you miserable. Take Cascarets to-night; put an end to the headache, biliousness, dizziness, nervousness, sick, sour, gassy stomach, backache and all other distress; cleanse your inside organs of all the bile, gases and constipated matter which is producing the misery.

A 10-cent box means health, happiness and a clear head for months. No more days of gloom and distress if you will take a Cascaret now and then. All stores sell Cascarets. Don't forget the children—their little insides need a cleansing, too. Adv.

To Be Expected.

"Chumpson took his wife to all the tango parlors and now he says she neglects him."

"Serves him right. He might have known that she would meet some fellow who can tango better than he can."

Fly in the Ointment.

Her—Do you enjoy Wagner's music?
Him—I probably would but for one thing.

Her—And that?

Him—It's so noisy one can't hear it.

KIDNEYS CLOG UP FROM EATING TOO MUCH MEAT

Take Tablespoonful of Salts If Back Hurts or Bladder Bothers—Meat Forms Uric Acid.

We are a nation of meat eaters and our blood is filled with uric acid, says a well-known authority, who warns us to be constantly on guard against kidney trouble.

The kidneys do their utmost to free the blood of this irritating acid, but become weak from the overwork; they get sluggish; the eliminative tissues clog and thus the waste is retained in the blood to poison the entire system.

When your kidneys ache and feel like lumps of lead, and you have stinging pains in the back or the urine is cloudy, full of sediment, or the bladder is irritable, obliging you to seek relief during the night; when you have severe headaches, nervous and dizzy spells, sleeplessness, acid stomach or rheumatism in bad weather, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast each morning and in a few days your kidneys will act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate clogged kidneys, to neutralize the acids in urine so it is no longer a source of irritation, thus ending urinary and bladder disorders.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink, and nobody can make a mistake by taking a little occasionally to keep the kidneys clean and active.—Adv.

The Real Article.

Little Lemuel—Say, paw, what is an instrument of torture?

Paw—The piano in the flat upstairs son.

AN EPITOME OF LATE LIVE NEWS

CONDENSED RECORD OF THE PROGRESS OF EVENTS AT HOME AND ABROAD.

FROM ALL SOURCES

SAYINGS, DOINGS, ACHIEVEMENTS, SUFFERINGS, HOPES AND FEARS OF MANKIND.

Western Newspaper Union News Service. ABOUT THE WAR.

Thirty-seven were drowned when three British ships were sunk in raids by German submarines Tuesday.

The British steamship Wyvisbrook has been seized by Carranza authorities at Campeche and her commander, Captain Muir, has been placed in jail.

Secretary of the Navy Daniels ordered the destroyers McDougal and Dayton from Guantanamo to New York to aid the port authorities there in maintaining neutrality.

A complete and searching inquiry into all the facts concerning the sinking of the American sailing ship William P. Frye by the German armed auxiliary cruiser Eitel Friedrich was ordered by President Wilson.

The British admiralty announces the loss of the auxiliary cruiser Bayano while the vessel was engaged in patrol duty. Eight officers and eighteen men were rescued, but it is feared that the remainder of the crew of 200 were lost.

A Copenhagen dispatch to the London Daily Mail says: "It is reported in German naval circles that eleven submarines have been lost since Feb. 18. The loss of four of these has been officially admitted, while seven have been missing for nearly three weeks."

The Mittag Zeitung of Berlin has published a list of merchantmen said to have been destroyed by the German army since the beginning of the war. According to it, German vessels have sunk 111 steamers with a total tonnage of 400,000; four auxiliary cruisers with a total tonnage of 32,500; one sailing vessel, one schooner, eight mine sweepers and one troop transport.

WESTERN.

The New Mexico Legislature adjourned Saturday.

The three men entombed in the Ayrshire coal mine near Oakland City, Ind., were found dead when the debris was cleared away.

Rear Admiral Thomas B. Howard hoisted the four-starred flag of admiral of the fleet on the armored cruiser Colorado, flagship of the Pacific fleet, at San Diego, Cal.

Mrs. E. S. Griffin, ninety years old, is dead at Salt Lake after a residence of fifty years in Salt Lake county, leaving two children, twenty grandchildren, forty-eight great-grandchildren and thirteen great-great-grandchildren.

The report of the New Mexico Legislative joint committee, which investigated the causes of the failure of the insolvent First State bank of Las Cruces and the relations toward the bank of the State College, the governor and the traveling auditor, was submitted to the Legislature by the chairman, Representative Blood of San Miguel county.

James Eads How, who devotes his time to agitation in favor of "hoboes,"

inherited property at St. Louis worth \$125,000 and the income from a trust fund of equal size.

Persisting in his last moments that he never had been untrue to his wife, Robert E. Showalter, wealthy Loveland, Colo., rancher, died at the county hospital in Denver, as the result of bullet wounds inflicted by Clayton Pattison of Denver when Pattison found his wife with Showalter in a rooming house at 1753 Curtis street.

WASHINGTON.

Samuel L. Rogers of Franklin, N. C., has been selected by President Wilson for director of the census to succeed William J. Harris of Cedartown, Ga.

Wheat held in country mills and elevators on March 1 amounted to 86,000,000 bushels, the Department of Agriculture estimated, compared with 94,000,000 bushels one year ago and 118,000,000 in 1913.

Secretary of State Bryan's offices were fairly packed with visiting diplomats. The callers were brought to the department by the arrival of General Carranza's reply to the latest American note demanding protection for foreigners in Mexico. His acquiescence plainly caused great and general relief.

President Wilson sent a note to Carranza that the United States will brook no further ill treatment of foreigners and will take such action as may be necessary if conditions are not improved.

Secretary of the Treasury McAdoo was stricken with appendicitis and went to the Providence hospital for an operation.

Senor Riano, the Spanish ambassador, informed the State Department that four Spaniards had been assassinated in Mexico City.

Gen. W. L. Marshall, consulting engineer of the reclamation service, was selected by Secretary of the Interior Lane to take charge of operations looking toward stemming as much as possible the expected overflow of the Colorado river.

The State Department received word from Ambassador Gerard at Berlin that the German war office had told him all waters surrounding the Shetland and Orkney Islands are in the war zone but that shipping on both sides of the Faroe Islands is safe.

Encouraging advices telling of the relief of the food famine in Mexico City through the evacuation of the capital by the forces of Gen. Obregon, the Carranza commander, were clouded Friday by the news that on the entry of the Zapata troops John B. McManus, an American citizen, was murdered. The rioting included attacks on the national palace to liberate 250 Catholic priests imprisoned there.

FOREIGN.

Warning to Americans to leave Mexico has been reiterated by the State Department through the Brazilian minister at Mexico City.

Mrs. Clara Muriel Kipling, a nurse in the American hospital in Paris, has been awarded the gold "medaille d'Honneur des Epidemies."

Great Britain's plan to give effect to the naval reprisal measures against Germany as embodied in an order in council was signed by King George.

Mrs. Emma Dalquist, proprietor of a road house at Safety, twenty-two miles east of Nome, Alaska, was lost in a blizzard and no trace of her can be found.

A bulletin issued at Bordeaux, France, by Dr. Denuce, who is in attendance upon Mme. Sarah Bernhardt, whose right leg was amputated recently, says that the condition of Mme. Bernhardt continues to be very satisfactory.



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You don't save money when you buy cheap or big-can baking powder. Don't be misled. Buy Calumet. It's more economical—more wholesome—gives best results. Calumet is far superior to sour milk and soda.

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